

## **Guided Imagery (5)**

Goodbye Cinderella

Samarkand Manor Youth Development Center

You can relax now... notice your breathing... breathe deeply and evenly... as you breathe in and breathe out... you are more and more relaxed and comfortable... let your mind rest... put aside all cares and think only of total relaxation... imagine a healing white light at the top of your head... It spreads out and surrounds your entire body... it circulates throughout your body to heal and cleanse every organ, every muscle, every nerve, every cell... you feel warm and comfortable... you feel healthy and strong... you know you can stay this way... you can remember to eat those foods that are good for you... you learn to like the things that are different from those you have eaten in the past... you will not do anything into your body that might cause harm... you can take care of yourself... you can practice personal safety... you can think of a positive thought you can put in place of a negative one... you will stay with the positive things in your life... you can make time for work and time for play... balance and harmony... that is your body, mind, and spirit... this feels so good... notice your breathing, even, steady, cleaning your lungs and giving oxygen to your brain... as you become more and more healthy... better and better...

Begin to imagine pushing away all the things that would keep you from completing your special goals... You are free of past burdens... The things that have held you back no longer bother you... More and more you will see yourself as being sure of yourself... Knowing you will have the power and strength to do those things that are good for you... You feel at peace now... You want to begin right away to do those things you planned... You see an elevator and go in... the door closes and you feel yourself going up, up, up... You see the numbers of the floors as you pass... One... Two... Three... Four... Five... Six... Seven... Eight... Nine... Ten... Slowly open your eyes, stretch if you wish and now you are ready to meet life and all its excitement. You are more refreshed, more alert, have more energy than ever before...

(THIS CONCLUDES THE FANTASY. DISCUSS BRIEFLY HOW GROUP MEMBERS FEEL ABOUT THE FANSTASY. ASSURE THEM THAT THEY WILL GET BETTER AT DOING THIS WITH PRACTICE. IF MEMBERS WISH TO TAPE THE FANTASY AS THE LEADER READS IT TO TAKE HOME AND PRACTICE, ENCOURAGE THEM TO DO SO.)